



## Sweeten your salad

Strawberries, cinnamon and almonds brighten up spinach PAGE 9

# YOUR GUIDE TO COMIC-CON

HOLLYWOOD'S TAKING OVER SAN DIEGO WITH ZOMBIES, A HOBBIT AND MUCH MORE PAGE 6



WINNIPEG

# metro

®

Tuesday, July 10, 2012



News worth sharing.

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A study from the University of Manitoba says severe dog bites are down in 16 jurisdictions where aggressive dog breeds have been banned. THE ASSOCIATED PRESS FILE

## Severe bites down after pit bull ban

### U of M research.

Study shows correlation between BSL and a drop in the hospitalization of dog-bite victims

LAUREN PARSONS

winnipeg@metronews.ca

A new study from the University of Manitoba says there have been fewer severe dog-bite injuries after Winnipeg banned aggressive breeds in 1990.

The study, written by local researchers, may add insight to the Winnipeg Breed Specific Legislation (BSL) debate.

"There are bites that happen every day — nips and bites that don't require med-

ical attention," said Malathi Raghavan, a researcher in the U of M's Faculty of Medicine. "My understanding is that the BSL is to reduce the incidence of severe bite injuries — that's where my hypothesis comes from."

The study looked at 16 urban and rural jurisdictions with pit bull bans and found that there was a decrease in the number of dog-bite hospitalizations in those jurisdictions after the ban.

"There has been a gradual decrease in these jurisdictions. They don't disappear overnight, we didn't ban them completely overnight. The dogs are allowed to live out their lives here," she said.

"I do understand the pit-bull ban — generally the public is very lazy, and someone who has a pit bull may throw them in their living room

and neglect them — a happy pit bull is with their owner," said Capt. George Leonard, master trainer with Manitoba Search and Rescue, who has worked with pit bulls.

However, "Cocker Spaniels are the No. 1 biting dog — your smaller dogs are more aggressive," he added.

Raghavan said that one flaw in the study is that she does not know what proportion of the bites came from which breeds of dogs.

"I grouped the BSL jurisdictions and compared those rates with the rest of Manitoba — it gives you an overview on how the rates look," she said.

The 16 jurisdictions that have BSL include Winnipeg and surrounding municipalities. Areas studied that do not have BSL include Brandon and Flin Flon.

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## 1

## NEWS

## On the web

## Toddler deaths have common link

A deadly form of hand, foot and mouth disease has been linked to the deaths of 52 people, mostly children under three, in Cambodia. Read more about the mysterious outbreak at [metronews.ca](http://metronews.ca).

## Bulls on the run

Thousands of gutsy runners are taking part in the annual San Fermin Running of the Bulls festival in Pamplona, Spain. Watch a slideshow of photos from the festival, which runs until July 14, at [metronews.ca](http://metronews.ca).

## Mobile news



Something alarming is invading the Calgary Stampede midway, known to some as Heart Attack Alley. Known for deep-fried everything, the Stampede and its fortress of greasy food now face an invasion of healthy alternatives. Scan the code to read more about the calorie wars.

## 19th murder

## Brutal beating being treated as homicide

A man who was beaten at the end of June and left in critical condition died on Friday.

Winnipeg police said Braden Bjornson, 20, was beaten on Machray Avenue and left for dead. He was found at about 4:45 a.m. on June 29 and taken to hospital, where he remained until his death on Friday, said a family member.

The young man from Arborg, Man., was attacked with a weapon and left with severe head trauma.

No arrests have been made. This is Winnipeg's 19th homicide. **METRO**

## Under investigation

## Fire sends two kids, one adult to hospital

One adult and two children were sent to hospital Sunday after a fire broke out in their two-storey home.

The fire, which caused about \$300,000 damage, started in an upper bedroom of the house at about 6:30 p.m. **METRO**

## Workplace injury

## Carberry business fined

A business in Carberry, Man., has been fined almost \$50,000 after a workplace accident left a teen with shattered bones and internal injuries.

Manitoba Family Services and Labour said ShellMark Farms was given a \$48,050 fine after a 15-year-old boy working there tried to straddle a moving conveyor belt and fell. **METRO**

## Libraries. Councillor wants to know costs of bringing 'groovy '60s' branch up to speed

Frustrated by delays over the construction of a new library in St. Vital, Coun. Brian Mayes asked a city committee for help.

On Wednesday, the City of Winnipeg announced it was spending \$21 million over the next nine years to replace eight aging libraries. The plan includes the amalgamation of the St. Vital and Windsor Park libraries, to be located at 6 Fermor Ave.

Mayes said he has no beef with the plan itself, but is concerned that the amalgamation of the two branches is the reason for a delay of construction.



Coun. Grant Nordman (St. Charles) and Amrit Goraya, 7-Eleven's market manager for Manitoba and Saskatchewan, with the Slurpee Capital of the World trophy. **BERNICE PONTANILLA/METRO**

## We'll drink to that

## Still the champions. Manitoba named Slurpee capital of the World for 13th year in a row



**BERNICE PONTANILLA**  
[bernice.pontanilla@metronews.ca](mailto:bernice.pontanilla@metronews.ca)

The presentation of a bronzed Slurpee trophy was a perfect fit for another sweltering day in Winnipeg.

On Monday, Amrit Goraya, 7-Eleven's market manager for Manitoba and Saskatchewan, presented Coun. Grant Nordman (St. Charles) and Ali Mirza, store manager at 7-Eleven's 3021 Ness Ave. location,

the Slurpee Capital of the World cup.

"Manitoba once again retains the Slurpee Capital of the World title," said Goraya, adding this title is Manitoba's 13th in a row.

In Manitoba, it's the 3021 Ness store that sells the most Slurpees, though Goraya declined to give an exact figure because 7-Eleven is a private company and therefore they'd like to keep that information away from their competitors.

"This being the largest Slurpee store in the world is really quite an accomplishment," said Nordman, as he sipped on a Crush Lite Cream Soda Slurpee, which, he added, has 30 per cent fewer calories and is a healthier option.

Goraya said Manitoba's

closest competitor is Calgary, however, residents there weren't able to surpass Manitoba.

Another step towards securing future titles was announced by the Winnipeg Airports Authority in May, as 7-Eleven, Petro-Canada and Harvey's, are coming to the James A. Richardson International Airport.

That location should be open by the end of the year — possibly as early as September, added Goraya.

Mirza said he's proud his store sells the most Slurpees.

"That's because of our customers," said Mirza.

"They're the best customers in the world and they're making us the best store in the world."

Robert, who did not wish

## Free giveaway

- On Wednesday, the 11th day of the seventh month, 7-Eleven locations will once again be giving away Slurpees — 1,000 at each location and half a million across the country — as a way of thanking its fans.

to provide his last name, picked up a Lite Cream Soda Slurpee right after the cup presentation and said when it's really hot out, like right now, he picks up a Slurpee "five days a week."

Follow Bernice Pontanilla on Twitter @MetroBee



## Failure spree

## Man tries and fails to rob four restaurants

A Winnipeg man is in custody after he tried — and failed — to rob four restaurants on Sunday.

Winnipeg police said the man started his failure spree around 1:30 p.m. when he walked into a restaurant on York Avenue and demanded cash. Unable to get any, he then went to the lounge, where he was also denied.

The man then continued down the street, where he tried to rob two more restaurants within five minutes of each other. **METRO**

## By the numbers

**\$5.8M**

Estimated cost of amalgamating St. Vital and Windsor Park.

"I've been going (to St. Vital) since 1970 when I was eight years old," said Mayes, adding that the branch "is a groovy '60s structure."

Mayes said he would like to know from Library Services how much it would cost to bring the two branches up to today's standards.

**BERNICE PONTANILLA/METRO**

## Winston Thomas. 'Peg warned after convicted sex offender released

Winnipeggers were warned on Monday after a convicted sex offender was released from prison.

Winnipeg police said Winston George Thomas, 35, was released from Headingley Correctional Centre Monday and is expected to settle in Winnipeg.

He is described as aboriginal, 5-feet, 9-inches tall, weighing 240 pounds with black hair and brown eyes. He has several violent convictions, including aggravated assault, and breaking and entering.

He was arrested in 2007 after he and two other men met up with a 13-year-old girl, took



**Winston George Thomas HANDOUT**

her to a house, gave her alcohol and pot and then prevented her from leaving. He then engaged in a sexual act with her, said police.

He is considered a high risk to re-offend. **METRO**



#### Refugee health benefits

### Kenney invites praise for cuts

If you want to sign a petition thanking Immigration Minister Jason Kenney for his efforts to reduce health benefits for refugees, look no further than his own website.

"We, the undersigned, thank Jason Kenney for

his efforts to streamline benefits afforded to refugees (sic) claimants under the Interim Federal Health Program (IFHP) and bring them in line with the benefits received by taxpaying Canadians, including new Canadians," says the petition. A spokeswoman for Kenney emailed a statement saying thousands of people have signed the petition. **TORSTAR NEWS SERVICE**

#### Don't mess with DJ

### Deadmau5 threatens robbers

Grammy-nominated producer Deadmau5 is fuming after a break-in at his mother's house in Niagara Falls, Ont. "Man, you ... picked the wrong house," he wrote on Facebook. "Mau5 is gonna find you." **THE CANADIAN PRESS**

#### Record-breaking

### Man's Volvo nears 3M miles driven

Irvin Gordon's 1966 Volvo P1800S just keeps going, and going, and going. Gordon's small, red two-door has well more than two million miles (3.22 million kilometres) on the odometer, the equivalent of nearly 1,176 times across the globe. The retired school

teacher from Long Island hopes to reach the three-million mile mark by next year. He only has 34,000 miles to go. The 72-year-old Gordon drives his Volvo everywhere. He has held the Guinness World Record for high-mileage vehicle since 2002.

He bought his beloved car on June 30, 1966, for \$4,150 at the age of 25, "a whole year's salary."

**THE ASSOCIATED PRESS**



Irvin Gordon in his hardy Volvo.  
SETH WENIG/THE ASSOCIATED PRESS

# Detention law may impact mental health

**Bill C-31.** Doctors say refugees should be held for the shortest possible time upon arrival

Doctors are sounding more alarms about changes to Canada's refugee system. An opinion piece in the Canadian Medical Association Journal says a new law could pose a serious danger to the mental health of refugees.

Bill C-31, the Protecting Canada's Immigration System Act, includes provisions that allow the immediate detention of refugee claimants designated as part of irregular arrivals.

All those over the age of 16 will be held for a minimum of two weeks before their detention is reviewed, while those

under 16 can be informally detained with their parents or released to child care authorities.

The bill became law at the end of June and the detention provisions are now in force.

The authors of the piece cite several studies suggesting high levels of psychiatric symptoms among detained refugee claimants, even after short periods.

"As health professionals, it is our responsibility to urge the government to minimize harm to children, pregnant women, trauma survivors and other vulnerable people," Dr. Janet Cleveland and Dr. Cecile Rousseau wrote in the article, released Monday. "Children should not be incarcerated or separated from their parents. Detention of all refugee claimants should be limited to the shortest possible time required."

**THE CANADIAN PRESS**

#### Research on refugees

- **U.K.** After a median 30 day detention, 76 per cent of detained claimants were clinically depressed, compared with 26 per cent of a non detained sample.
- **U.S.** After a median detention of five months, 86 per cent of claimants showed clinical depression, 77 per cent had clinical anxiety and 50 per cent had clinical post-traumatic stress disorder.
- **Australia.** There were more than 1,100 incidents of self-harm and six suicides in a population of about 6,000 people detained for a median of 10 months.



Canadian chef Anthony Sedlak is seen at his home in Vancouver, B.C., in this 2008 photo. Sedlak died Friday at the age of 29. **THE CANADIAN PRESS FILE**

# Renowned Food Network chef Anthony Sedlak dead at age 29

A young and promising chef is being remembered for his warm personality, passion for his craft and skill in the kitchen.

Food Network Canada said the untimely death of Canadian celebrity chef Anthony Sedlak is a terrible loss.

Sedlak was just 29. A statement issued by his family said Sedlak was found dead in his North Vancouver, B.C. apartment on Friday after collapsing from an undiag-

nosed medical condition.

Sedlak was best known as the host of Food Network Canada's The Main, and a judge on Family Cook Off, as well as author of the national best-seller cookbook, The Main.

Sedlak's culinary career began in his teens, with completion of a specialized program and four-year apprenticeship in Vancouver, and he was barely in his 20s before he had spent almost two years at Michelin Star-rated La Trompette, in London, England.

He was 23 when he won a silver medal representing Canada at the World Junior Chef Challenge in New Zealand, and just months later, he captured The Food Network's Superstar Chef Challenge.

"Anthony became a much loved member of the Food Network family, entertaining and inspiring fans through four seasons of The Main and

his latest venture, Family Cook-Off," the network said in a statement issued Monday.

"It was our privilege to have worked with him. His passing is a terrible loss and he will be sadly missed by all of us," the statement said.

In addition to writing his best-selling cookbook, Sedlak helped to open The American Cheesesteak Co. restaurant in Vancouver's upscale Yaletown district earlier this year.

**THE CANADIAN PRESS**

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# Mortgage rules changed, but most don't know

**Money matters.** Poll suggests only half of those surveyed were familiar with changes brought in by the federal government

New mortgage rules went into effect Monday in Canada, but a recent survey suggests many people are unfamiliar with the changes.

Starting Monday, borrowers refinancing their mortgages are limited to 80 per cent to the value of the home, down from 85 per cent.

The maximum amortization period dropped to 25 years from 30 years for government insured mort-

gages — giving borrowers less time to repay the debt in full.

The federal government also tightened the standards lenders must apply before granting a mortgage.

"For two years now, we've been talking to our customers about the financial implications of carrying debt over the long term and how opting for a maximum 25-year amortization can help them manage and meet their long term goals," said Laura Parsons, a mortgage expert at Bank of Montreal.

"The recent changes are prudent, measured, responsible and timely, and will have an effect on how Canadians purchase property, so it's more important now than ever to seek clarity on the current guidelines in place."

## Lines of credit

# 65%

The limit for home equity lines of credit has been reduced to 65 per cent of a property's value, down from 80 per cent.

A poll conducted by Pollara for Bank of Montreal found only about half of those surveyed were familiar with the changes brought in by the federal government.

And only 45 per cent of those surveyed June 29 to July 4 were aware that the maximum amortization period has been shortened by five years.

Finance Minister Jim Flaherty announced the new rules on June 21.

THE CANADIAN PRESS

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THE BOUNTY HUNTER

Considered the greatest bounty hunter in the world, Duane "Dog" the Bounty Hunter, Chapman is coming to Winnipeg.

This is a charity event for Teen Challenge.

With more than 6,000 calls in his 27 years as a bounty hunter, Duane "Dog" the Bounty Hunter, Chapman is coming to Winnipeg. This is a charity event for Teen Challenge.

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## Technical difficulty softens Microsoft message

Microsoft CEO Steve Ballmer yells to be heard after his microphone stopped working at the Microsoft Worldwide Partner Conference at the Air Canada Centre in Toronto on Monday. About 15,000 attended, making it one of the biggest corporate conventions in Toronto's history. Ballmer assured the faithful that the Windows 8 platform that will power Microsoft-branded phones, expected to be unveiled in the fall, is on track for an October launch. The new platform will support touch- and stylus-based smartphones and tablet PCs as well as desktop and laptop computers as Microsoft moves to build its profile in a burgeoning global market for mobile devices dominated by Apple Inc. and Google Inc. Windows 8 is being counted on to help revive demand for laptops and other personal computers. STEVE RUSSELL/TORSTAR NEWS SERVICE

## Survey

### Canadians blowing dough on quick lunches

A new survey suggests more than half of Canadians head to a restaurant for lunch at least once a week — a habit that's costing many Canucks some serious dough.

The poll by Visa Canada suggests that while eating out might be convenient, the price tag is not so appealing. The survey suggests the majority of the 60 per cent of Canadians who eat out once a week spend between \$7 and \$13 on their meal. It also suggests the average Canadian who opts to buy a lunch spends about \$8.80 on the meal — and Ontarians appear to eat out the most often, with 20 per cent hitting up restaurants three or more days per week. THE CANADIAN PRESS

## Market Minute



**DOLLAR**  
98.11¢ US (-0.06¢)



**TSX**  
11,634.67 (-25.28)



**OIL**  
\$85.99 US (+\$1.54)



**GOLD**  
\$1,589.10 US (+\$10.20)

**Natural gas:** \$2.88 US (+11¢)  
**Dow Jones:** 12,736.29 (-36.18)

# Candu enacts contingency after 800 workers strike

Candu Energy Inc. enacted a contingency plan Monday after about 800 nuclear scientists, engineers and technologists walked off the job when negotiators failed to reach a deal by the deadline.

But the Society of Professional Engineers and Associates, which represents the workers, said there will be a noticeable effect on operations.

"There's not enough people to replace us, so work will definitely be impacted," union spokeswoman Michelle Dun-

can said.

Candu spokeswoman Katherine Ward said the company does not operate any nuclear power plants so the strike action should have no impact on the day-to-day operations at the plants.

Candu is owned by Montreal-based engineering giant SNC-Lavalin, and its employees design, build and service nuclear reactors that supply nearly half of Ontario's electricity and 16 per cent of Canada's overall electricity requirements.

THE CANADIAN PRESS

## Sticking points

The union has said the main issues in the labour dispute involved wages and seniority.

- SPEA president Peter White said a key issue is what he calls the company's desire to move away from nuclear industry standards and compensate its employees differently from other workers in the field.

# Virus infects Canadian computers

If your computer just won't connect to the Internet this morning, you may be among the 10,000 Canadians infected by malicious software created by Estonian online pirates.

"People do need to take it seriously," Byron Holland, president and chief executive officer of the Canadian Internet Registration Authority,

said on Monday. CIRA offers an online check to see if malware is behind your problems.

Only about 0.1 per cent of Canadians should be affected by the virus. Most users have paid attention to warnings and installed up-to-date antivirus software or avoided online scams, he said. In the spring, when the Internet community focused on the

coming danger, there were still 25,000 vulnerable Canadians, Holland said.

"If your computer is infected and you open up a web browser on Monday, you will see nothing," said Dave Marcus, director of advanced research and threat intelligence for cyber security firm McAfee Labs.

TORSTAR NEWS SERVICE



# SO MANY THINGS WRONG WITH THIS PICTURE



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

Something strange happened last week; a Victoria's Secret model became newsworthy because of her distinct lack of curves. In a Facebook campaign for the lingerie brand's Swim

Style Finder, a bow-legged model appears noticeably distorted and her beach bum has been entirely eradicated thanks to some overzealous airbrushing.

I guess in some ways, it's kind of comforting to know that even Victoria's Secret models don't actually look like Victoria's Secret models.

While we've come to expect that advertisers and magazines offer a somewhat imagined version of reality — a glossy fantasy land in which women wear couture to the office and spend hours preparing DIY oatmeal face masks — many take the desire to retouch reality a bit too far. Turning back time, erasing blemishes, smoothing cellulite and digitally carving bodies into nothing more than clothing racks with hollowed out cheekbones has become the norm.

Some egregious examples of Photoshop gone wrong are laughable — check out PhotoshopHorrors.com (see examples pictured below) for some particularly cringe-worthy examples — but there are also serious implications when it comes to reimagining human anatomy to create an unrealistic version of beauty.

Earlier this year, 14-year-old Julia Bluhm started a crusade against digitally altered photographs in Seventeen magazine. The eighth grader's online petition gathered more

than 84,000 signatures, and, last week, Seventeen made a promise to "celebrate every kind of beauty" and use images of real girls and healthy models within the pages of the magazine. Of course, their advertisers aren't vowing to abstain from

Photoshop, so I'm sure their young readers will still be subjected to whittled down waistlines and excessively whitened smiles.

Personally, I'd much rather look at images of celebrities and models in their un-Photoshopped glory, without layers of makeup and Spanx. I know it's shallow, but I enjoy those close-up images taken at awkward angles that make me feel better about my own imperfections.

The realism of celebrities is what I find interesting, not the airbrushed artifice.

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because just like us, they also suffer from the effects of sun damage and bad lighting, and too much tequila the night before.

Ultimately, what fashion magazines and advertisers might not understand is that most of us don't want to look at pages filled with hyper-real, computer-generated bodies. Readers want to see women with both style and substance and preferably, with all of their limbs intact.

Follow Jessica Napier on  
Twitter @MetroSheSays



# It's the real toy storeys



LEGOLAND WINDSOR

## Crazy construction

### Brits build world's tallest Lego tower

As it's Olympic year, the Brits are keen to break records. Britain has reclaimed its record for the world's tallest tower made from pieces of Lego from South Korea. During the weekend, hundreds of volunteers completed the 32-metre-high tower, which now resides at Legoland Windsor theme park near London.

METRO



Tower of Lego? It's more Tower of Vertigo. LEGOLAND WINDSOR

## Tower in detail

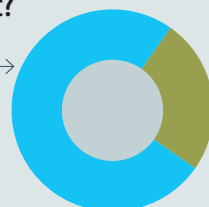
- **Record height.** 32 metres (beating Seoul's record of 31.9 metres), the same height as a nine-storey building.
- **Brick work.** Made up of more than 500,000 pieces, it comprises over 160 sections and nine Lego figurines.
- **History.** The tallest Lego tower first recorded in London in 1988 was for a tower over 15 metres high.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## What was your initial reaction to the TomKat split?

75%  
I SHRUGGED.  
THEY LASTED  
LONGER  
THAN I  
THOUGHT



25%  
I JUMPED ON  
THE COUCH  
IN SHOCK



## Twitter

@cdnbeer:

I don't always travel to Winnipeg for peoples birthdays, but when I do, they usually work at breweries! Happy birthday @Rose-BeerGoggles!

@pseudohistorian:

I knew I was at a Winnipeg wedding when the groom finished up his personalised vows with "Go Jets Go!"

@coffeesanvito:

What's up WINNIPEG! Another

glorious day in southern Manitoba! Happy to be alive! It's your day make it a great one!

@MetroBee:

7-Eleven store at 3021 Ness sells the most slurpees in the world, exact numbers are a trade secret #winnipeg

@lexijanovcik:

I wonder what people would think about my family if we were taped 24/7 like the Kardashian family #crazy



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## 2

## SCENE

## Scene in brief

## Kourtney adds one more Kardashian to the clan

Kourtney Kardashian has given birth to a baby girl and she's naming her Penelope. The reality TV star told E! News that her second child with boyfriend Scott Disick was born early Sunday at Cedars-Sinai Medical Center and weighed seven pounds, 14 ounces. Her full name is Penelope Scotland Disick. Kardashian said mother and child were "resting comfortably." She and Disick have a two-year-old son named Mason. Both of her pregnancies were highly publicized. Her sister, Kim, wrote on her website that the family was thrilled to finally meet the newborn. The family appears on *Keeping Up With the Kardashians*.

THE ASSOCIATED PRESS

## On the web



For tabloid fodder, Cruise-Holmes split a celebrity divorce like the good ol' days

Between the mega-success of this spring's *The Avengers* — with a worldwide take of more than \$1 billion — and the anticipated arrival of *The Dark Knight Rises* later this month, it's quite the year for comic book movies, making this week's San Diego Comic-Con that much more exciting. Here's some of the stuff we're looking forward to most at the annual nerd-fest, and be sure to follow along on Twitter (@nedrick) for behind-the-scenes updates from the Con all weekend long.

NED EHRBAR

Metro World News in Hollywood

## Comic-Con sneak peek

## Movies

Comic-Con has become the proving ground for studio blockbusters, and with a lot of franchises coming to an end — Christopher Nolan's *Batman* series for example — the big question is what will be keeping fans lining up for the next few years.

**The Hobbit:** Peter Jackson completed principal photography on his two-film adaptation of the J.R.R. Tolkien classic just last week,

so hopefully he'll have something exciting.

**Iron Man 3:** While filming hasn't started yet on the franchise juggernaut and *Avengers* followup, fans will be eager for whatever surprises Marvel super-producer Kevin Feige decides to unveil. Who knows, maybe Robert Downey Jr. will even make an appearance.

**Elysium:** Visionary filmmaker Neill Blomkamp is bringing in some big guns

for his followup to 2009's *District 9*, including stars Matt Damon and Jodie Foster — not exactly a familiar Comic-Con face. We're just excited to learn more about the class warfare sci-fi film, to be released next March.

**Django Unchained:** We're stoked to get a glimpse at Quentin Tarantino's next flick, a revenge-fueled western starring Jamie Foxx as a freed slave. Tarantino will be on hand along with Foxx and Christoph Waltz.



The Hobbit. HANDOUT



Benedict Cumberbatch GETTY

## TV

Hits of the small screen have become a bigger part of Comic-Con — this year marks the first time TV shows have held panels in the massive Hall H, usually the exclusive domain of studio films. We'll be watching out for news on some returning shows and some new entries.

**The Walking Dead:** The popularity of the zombie drama's first appearance at Comic-Con two years ago

caught organizers off-guard, but by now they should be ready for the massive fan outpouring. And with the show's third season debuting in October, we're hoping to learn some juicy details.

**Community:** The cast of the quirky comedy with a passionate — if small — fan base returns to Comic-Con on the heels of series creator Dan Harmon's news-making termination this spring. We're curious to hear what direction the show will take

with new bosses — and a reduced episode order.

**Elementary:** The BBC's modernized *Sherlock*, starring Benedict Cumberbatch, has been a major success, so an American take was almost inevitable. This one finds a still-British Holmes (played by Johnny Lee Miller, who co-starred with Cumberbatch onstage in *Frankenstein* last year) fresh out of rehab and in New York, accompanied by a female Watson (Lucy Liu).

## Zombies

Comic-Con taking place a week earlier this year — due to the Olympics — means the middle of the fest falls on Friday the 13th, amping up the already prevalent Halloween-in-July feel around Downtown San Diego. Organizers are taking full advantage of the date, with zombies proving to be the hot ticket this year. (Sorry, Twilight fans.)

**Zombie Walk:** Celebrating its sixth year at the Con, this parade of undead enthusiasts promises to be the biggest yet. Hundreds of zombified folks will take over the Gaslamp Quarter, marching — very, very slowly — for "undead rights." And 300 lucky participants will receive tickets to FEARnet's exclusive Con of the Dead after-party Friday night.

**The Walking Dead Escape:** The popular zombie cable series is taking over Petco Park, home of the San Diego Padres, to create an epic zombie apocalypse survival course. As of press time, tickets to be one of the zombies had sold out, but attendees still have a chance at trying to survive the course unbitten.



The Walking Dead HANDOUT



Zachary Levi HANDOUT

## Parties

As Hollywood has taken over Comic-Con more and more, the party scene surrounding the convention has gotten a bit ridiculous. And while the whole neighbourhood feels like a nerd-filled Mardi Gras each night, some tickets are definitely hotter than others.

**The Entertainment Week-**

**ly/Syfy Party:** The premiere event of the Comic-Con party scene takes over the Hard Rock Hotel on Saturday night — but good luck trying to get an invitation.

**VH1's Dawn of the Con Party:** While most of the evening activities involve guest lists and velvet ropes, Rob Zombie is teaming up with VH1 to throw a party for the people at Petco Park

Thursday night. All you need is a Comic-Con badge for free entry.

**Nerd HQ 2012:** Those looking for a break from the Con can head to this playground set up by Chuck star Zachary Levi and multimedia company Nerd Machine just two blocks from the Convention Center, with all sorts of fun toys from Xbox and Vizio.

## DVD reviews



## American Reunion

**Director:** John Hurwitz, Hayden Schlossberg

**Stars:** Jason Biggs, Alyson Hannigan, Seann William Scott

*American Reunion*, co-directed and co-written by Jon Hurwitz and Hayden Schlossberg, might just be the funniest issue yet from the *American Pie* franchise factory. Thirteen years has passed since the five lads from *American Pie* made a pact to lose their virginity at prom; now there's a desperate pitch to rekindle stalled libidos at a high school reconvening. Remarkably, *American Reunion* manages to get every major original cast member back. The directors are unable to shepherd this large cast to a new destination — *American Reunion* rehashes the same old gags over a ponderous 112 minutes. It's OK, though, because this troupe has earned our loyalty, and also our sympathy regarding the many indignities of aging.

PETER HOWELL

## Comic-Con Episode IV: A Fan's Hope

**Director:** Morgan Spurlock

**Stars:** Kevin Smith, Stan Lee

A funny thing happens at a geek convention in Morgan Spurlock's latest documentary, *Comic-Con Episode IV: A Fan's Hope*, and it's not the usual riffs. The annual summer nerd nirvana in San Diego would ordinarily be like shooting fish in a barrel for Spurlock, whose previous docs have skewered McDonald's, Osama bin Laden and movie product placements. Spurlock realizes this, and instead approaches "The Con" from the perspective of a highly intrigued observer. He keeps himself off camera as he follows seven people who embody the *Comic-Con* spirit. Spurlock pulls it all together with infectious brio, making us realize that geeks are people, too, who maybe just dream harder than the rest of us.

PETER HOWELL





Salma Hayek ALL PHOTOS GETTY IMAGES

## No Savages for mini Salma

Salma Hayek admits that her 4-year-old daughter, Valentina, won't be seeing her latest film, Oliver Stone's *Savages*, in which Hayek plays the head of a bloody Mexican drug cartel. "She's not going to watch this movie," she insists during a visit to *The Tonight Show* to promote the film.

"Actually, this was the only movie that she was not on the set. I usually bring her on the set and she always likes to sit right next to the monitor and she bosses everyone around. I know Oliver Stone would have not let her come in and say, 'Excuse me, Oliver, let me take over the set.' No."



Katie Holmes

## Curtains may be closing on Holmes-Cruise show

After two weeks of drama, Katie Holmes and Tom Cruise have put a quick and tidy end to their divorce circus. The couple reached a settlement yesterday, which will avoid a messy court hearing later this month.

While there's no word on the terms of the agreement, Holmes is rumoured to get custody of daughter

Suri, while Cruise will have generous visitation rights.

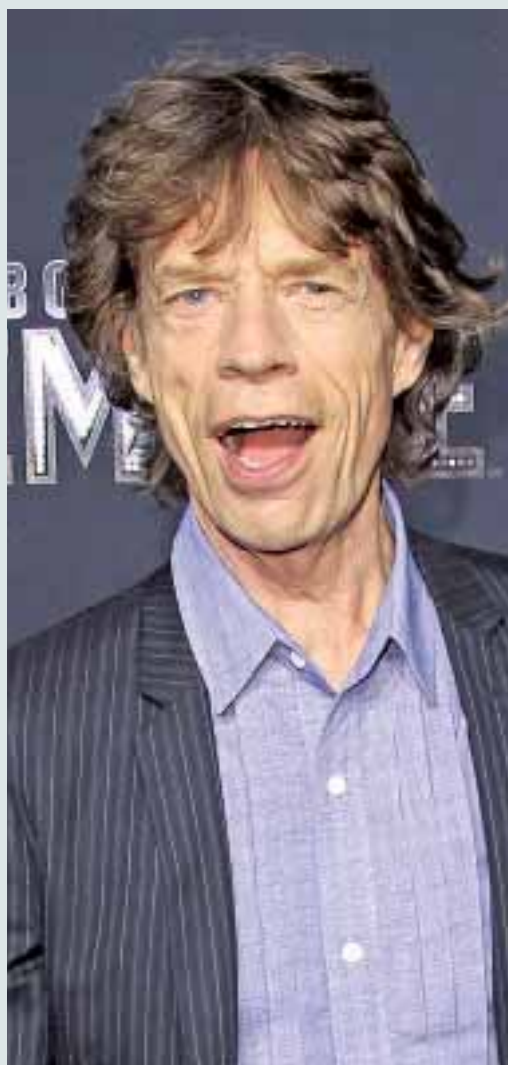
As for the statements, we're going to hand it to Team Cruise's lawyers for giving up the least amount of information in the blandest way possible:

"The Tom Cruise-Katie Holmes case has been settled with a signed agreement. Tom is really pleased we got there."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



THE WORD  
Monica Weymouth  
Metro World News in New York

## Jolie had no love for Jagger's moves

You can add Mick Jagger to the long list of people bewitched by Angelina Jolie.

In a new biography, Mick: *The Wild Life and Mad Genius of Jagger*, Christopher Anderson claims the Rolling Stones frontman became obsessed with Jolie after she played a sullen stripper in the video for their 1997 single *Anybody Seen My Baby*.

Although Jolie was married to Jonny Lee Mil-

ler at the time, Anderson claims that Jagger left her countless voicemails during which he was "virtually sobbing" and pursued her for several years.

Jolie didn't return his calls, but her mother "loved Mick for Angie and felt that he could teach her about fame," according to a family friend.

So why would Jagger waste his time on the one half-naked 22-year-old actress who wouldn't call him back?

"She scares me a little. I like that," he's quoted as admitting in the book.

This, mind you, from the man who spent decades waking up on hotel floors next to the hungover ghost of Keith Richards.

Angelina, we are, as always, impressed.



Sienna Miller

## The stork has come for Sienna

Sienna Miller gave birth to a baby girl in London over the weekend, according to *Us Weekly*. This is the first child for Miller and fiancé Tom Sturridge. The notoriously press-shy Miller has said very little about her pregnancy, but in April she did open up to *British*

*Vogue*: "Even though I'm under strict instructions not to say anything, as it would completely defeat the point of everything I've tried to achieve in the last eight years, I'm feeling fine. It's all progressing nicely and it's very exciting," she said.

## Usher's stepson involved in tragic accident

R&B singer Usher's stepson, Kyle Glover, has been declared brain dead after a horrific boating accident, according to *TMZ*. The 11-year-old son of Usher's ex-wife, Tameka Foster, was reportedly riding on an inner tube on a lake near Atlanta over the weekend when he collided with a passing jet ski and was struck in the head, the website reports. On Sunday, Glover was reported brain dead, but he remains on life support.



Usher

### Twitter



@ActuallyNPH

Taking the train from Paris to London. Am I wrong, or is travel by train the greatest, calmest, classiest thing ever?



@ebertchicago

As an experienced ex-drunk, I want to know: How do the guys on "Mad Men" drink like that all day and get home (or anywhere) in one piece?



@AlbertBrooks

Dreamt I was sick and had to go before a death panel. They said I should die but they really liked my movies.



@SarahKSilverman

Ironically, "note to self" is only ever said for other people's benefit

# 3 LIFE

## Firming Creams

### L'Occitane: Almond shaping delight

This cream works to refine and reshape the contours of your body distorted by cellulite. It's plant-based complex includes Almond tree buds, rich in draining flavonoids, that helps release existing fat cells throughout the entire body. \$59 loccitane.com.

### Nip + Fab

This feels cool and tingly against the skin and definitely makes it feel tighter. Twice daily application stimulates lipolytic activity (release of fatty acids from fat cells) and reduces the amount of fat deposited in the skin tissues. \$28.29 nipandfab.com

METRO

## On the Web



Seventeen magazine offers 'body peace treaty' after teen crusader takes on altered photos

# Cellulite: with you for life?

**Fat.** Cellulite can happen to anyone. Your age and size has little to do with it. Metro speaks to body and beauty experts to find out why some of us develop these dreaded lumps and bumps.

ROMINA  
MC GUINNESS  
Metro World News

Women mainly, and men increasingly, spend huge amounts of time and money on anti-wrinkle creams, laser hair removal and personal trainers in order to get smooth, flawless skin. But there are some things no miracle cream can fix. Cellulite is one of them.

## Why your skin looks lumpy

"Cellulite is fat, water and lymphatic fluid trapped in a webbing of tough collagen fibers under the skin," says Maria Hatzistefanis, founder beauty brand Rodial. "If this connective tissue becomes weakened, small pockets of fat and fluid can push through towards the surface, becoming more visible."

## How it's formed

Skin type and hormones — rather than diet or exercise — determine the formation and appearance of cellulite, Julie Cichocki, beauty expert for cult beauty brand Karin Herzog (a favourite of Kate Middleton) tells Metro how it happens.

"Female hormones (estrogen) increase fat stores and dictate the pattern in which the fat is formed. Genetically, women form fat in a different pattern to men; around her hips and thighs and around the middle are the typical areas for cellulite. This is to make a woman's body curvy, attractive and fit for childbirth. Cellulite is formed just

## Beauty Pick

### Elemis: Body Detox Skin Brush

**HOW TO:** Brush upwards from the soles of the feet to boost sluggish circulation and remove dead skin cells. \$47 elemis.com



## Quoted

"An estimated 90 per cent of women have cellulite and will never get rid of it. You can change the levels of it, but you will always have it."

Justin Gelband  
celebrity fitness trainer

under the surface of the skin, in the hypodermis, which is the only layer where hormones govern the laying down of fat cells. If estrogen is high, fat cells will form in the hypodermis. Toxins are then stored in these fat cells and the more toxins we store, the bigger the surface size of the fat cell and the more water it can hold. As the fat cell swells, it becomes enlarged and lumpy."

## What about men?

A woman's skin is finer and more elastic than a man's so any cellulite formed will be more visible. Celebrity trainer Justin Gelband states that while cellulite can occasionally be seen on men, they'd have to be really overweight.

"Women produce estrogen, which produces fat whereas men produce testosterone, which eats up fat," he adds.



Relax, it's natural. THINKSTOCK

## Advice

### How you can hide the bumps

MARIA  
HATZISTEFANIS  
Founder of Rodial beauty

Maria Hatzistefanis  
founder of Rodial beauty,

shares her top three cellulite busting tricks:

**1** Fake tan: this helps to hide cellulite and makes the skin appear smoother and less bumpy.

**2** Drink lots of water: to flush out the toxins in the body that cause connective tissues to harden and

form cellulite.

**3** Eat whole foods: including plenty of fruit, vegetables, white meat, pulses, low fat dairy products and moderate amounts of lean red meat, eggs, nuts and olive oil. Going teetotal, giving up caffeine, and avoiding all sugary, salty and processed foods also helps.

## Best Health

### Summer food smarts



BEST HEALTH  
MINUTE  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In this season of picnics, road trips, camping and BBQs, food poisoning can happen easily if you're not careful.

The Summer issue of Best Health magazine offers food safety tips from registered dietitian Sue Mah.

## Wash your hands

It's the number one rule any time of year. Take 20 seconds to do it — and you can help kids learn how long that is by telling them 20 seconds is about how long it takes to sing, "Twinkle, Twinkle, Little Star." When

soap and water aren't available, use an antibacterial hand sanitizer or wipes.

## Keep everything cool

Snacks and drinks should be kept in a cooler or insulated bag with a couple of frozen ice packs. Cold foods must be kept below four degrees Celsius.

Anything warmer than that is in the danger zone where harmful bacteria

start to grow.

Raw meat should be packed in a separate cooler away from other food if possible, or at the very least, make sure meat is completely sealed and placed at the bottom of the cooler to prevent juices dripping on other food.

For picnics and BBQs, when food is put out on the table, set it over a bowl of ice.

## Use two sets of tools when grilling

In each set, have a pair of tongs, marinating brush and a cutting board.

Use one set for uncooked meats, the other for cooked meats. And always use a thermometer for meat and poultry to ensure bacteria has been killed.

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# Entertain guests — and taste buds — with unique combo

## Spinach Salad with Cinnamon Almonds, Strawberries and Goat Cheese



This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



**ROSE REISMAN**  
for more, visit  
rosereisman.com

The combination of spinach, spiced nuts, strawberries and goat cheese gives this salad loads of character.

Prepare the almonds in

larger quantities and keep them in an airtight container for up to 2 weeks.

1. Preheat oven to 350 F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl

and add the brown sugar and cinnamon. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

## Ingredients

### Cinnamon Almonds

- 1/4 cup whole almonds
- 1/3 cup packed brown sugar
- 1/2 tsp cinnamon

### Salad

- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese

### Dressing

- 1 1/2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

## Health Solutions

### Top five fruits



**NUTRI-BITES**  
Theresa Albert, DHN, RNCPT  
myfriendinfood.com

You are going to guess blueberries are the number one fruit, right? Well, any fruit is a great snack — especially if it replaces a sugary treat! But what you are truly looking for is a fruit that is high in fibre, vitamins and minerals and, yet, low in calories.

What really separates the men from the boys is the cancer fighting carotenoid content and that is hiding deep inside the fruits that are tinged red.

Of course, berries are your buddy but if you want to go beyond them, these are even better...

### Guava

Guava contains only 50 calories per half cup but packs a wallop of carotenoid. One guava has four times the vitamin C of an orange. Find a red guava, make sure it is soft and ripe and eat it like an apple. Also try cooking it down into a jam to spread on toast.

### Watermelon

Two cups of watermelon

contain merely 90 delicious calories and plenty of satisfying water. Feel free to use a blender on the pulp and freeze it into Popsicles.

### Papaya

Papaya delivers helpful enzymes for an upset stomach along with its meagre 60 calories, super nutrients and fibre in one cubed cup.

### Cantaloupe

The redder the better. One cup gives up only 50 calories, but five per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

### Pink Grapefruit

Grapefruit has that red pigment that is doing all sorts of good things to your body. One half is just 50 calories.



**THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**

## Watermelon Salad. Light, refreshing & innovative



This salad brings together a tasty selection of healthy, flavourful ingredients from the Mediterranean along with watermelon.

The combination results in a light, refreshing salad that can be served as a snack or side dish with grilled chicken, meat or fish.

1. In a large bowl, place salad greens, watermelon, onion and feta cheese and mix to combine. Refrigerate. Just before serving, toss salad with olive oil and balsamic vinegar and garnish with pepper.

THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.ORG

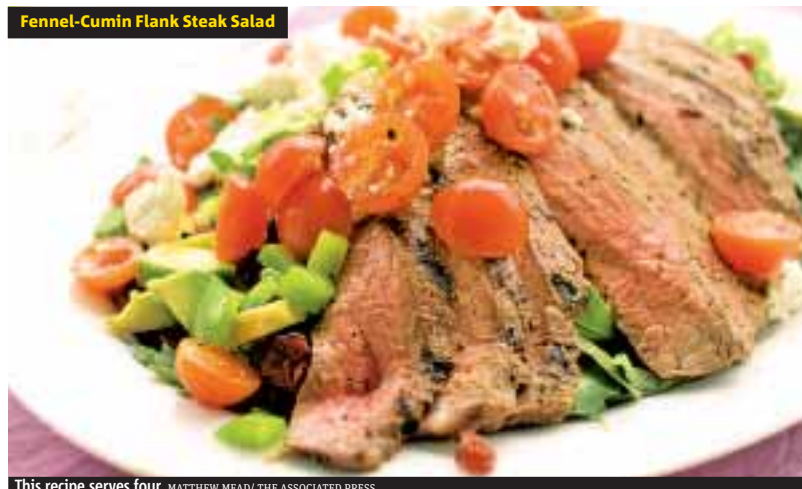
## Ingredients

- 1.5 l (6 cups) mixed salad greens
- 750 ml (3 cups) cubed watermelon
- 125 ml (1/2 cup) sliced onion
- 75 ml (1/3 cup) crumbled

- feta cheese
- 45 ml (3 tbsp) extra-virgin olive oil
- 30 ml (2 tbsp) balsamic vinegar
- Cracked pepper, to taste

# Marry summer staples, salad and grilled meat, in one dish

## Fennel-Cumin Flank Steak Salad



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

## Ingredients

- 1 tsp whole fennel seeds
- 1 tsp whole cumin seeds
- 1 tsp yellow mustard seeds
- 1 tsp garlic powder
- Kosher salt and coarsely ground black pepper
- 1 1/4 pounds flank steak
- 2 tsp olive oil
- 1 tsp cider vinegar
- 1 pint cherry tomatoes, halved
- 2 cloves garlic, minced
- 5-oz package baby arugula
- 1 green bell pepper, cored and diced
- 1 avocado, peeled, pitted and diced
- 4-oz log soft goat cheese
- 1/2 cup dried cranberries

1. Heat the grill to medium-high.

2. In a mortar and pestle or spice grinder, combine the fennel, cumin, mustard, garlic powder, 1 teaspoon of salt and 1/2 teaspoon of pepper. Grind well, then rub the mixture over both sides of the flank steak. Set aside.

3. In a medium bowl, whisk together the olive oil, vin-

egar and 1/2 teaspoon each of salt and pepper. Add the tomatoes and garlic, toss well, then set aside.

4. Divide the arugula between 4 serving plates. Top with the bell pepper and avocado. Crumble a quarter of the goat cheese over each plate of arugula, then sprinkle with dried cranberries.

5. Using an oil-soaked paper towel held with

tongs, oil the grill grates. Add the steak and grill for 4 to 5 minutes per side for medium-rare. Transfer to a cutting board and let rest for 5 minutes. Thinly slice the steak against the grain, then heap a quarter of it on top of each salad.

6. Spoon a quarter of the tomatoes, as well as any liquid in the bowl, over each salad.

THE ASSOCIATED PRESS



## Advice

## Cottage entertaining



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

**I plan on having several friends and their families up to my cottage later this summer, however I'm not sure if it is OK to ask them to bring things, and if so, how do I ask? I specifically want to ask my friends to help with the food and gas expenses**

**for the boat when they are water-skiing. Cottage girl**

Dear Cottage girl,  
Every year this is a common problem amongst cottage-goers and their guests.

Firstly, may I say, if you are lucky enough to be an invited guest, don't wait to be asked, but take the initiative yourself to ask your hostess what you can bring. Have ideas ready for the kind of foods you would like to prepare that would travel easily and cook or re-heat

easily at the cottage.

Now, as the hostess, have your game plan from the beginning.

When you invite your guests don't be afraid to say, "So Jane I'm really glad you are able to join us, now may I ask if you could please bring one of your world famous lasagnas and caesar salads to the cottage? I would love to serve that for lunch on Saturday. Just so you know, the head count will be four adults and six children."

And finally, the boat gas is the tough question, as you

are asking for money.

What about saying something like, "Jane, I hope you understand but with the cost of gas these days, perhaps we can share some of the gas expense for the boat when the kids go water-skiing, as it's really expensive. We have calculated that a tank of gas costs \$300 and lasts about four hours."

What's important is being straightforward and honest, but there is no shame in discussing what you need in terms of help to ensure the success of the weekend. Enjoy!



**Cottages can be expensive, so guests should never visit empty-handed.**

ISTOCK

# Forget about personality and values; let's give facial features its due credit

**Facemate.** Dating site matches people according to the shapes of their mugs

**HEIDI PATALANO**  
Metro New York

It's not quite so strange when you really think about it: How many times have you looked at a couple and remarked that they could be brother and sister?

Those strange similarities a couple can share are no coincidence. Genetically, we have been trained to seek out those who have a face similar to our own, says founder of FindYourFacemate.com, Christina Bloom.

"There's part of the brain that's just focused on processing faces. It's the fusiform gyri. It's so important that we have a special area in our brain for it," Bloom says.

"If you think about human beings before we had language, or if you think about the way babies are — we learn things visually. That makes sense because that's how we mated. We just know what we like."

Bloom points to several ex-



**Rita Wilson and Tom Hanks are seen by some to have similar faces. Maybe that's why they fit so well as a couple.** GETTY IMAGES

amples of couples who have similar faces — Halle Berry and Olivier Martinez, and Tom Hanks and Rita Wilson, for instance.

She believes that matching people by their face shapes will ultimately lead to better chemistry and, hope-

fully, better coupling.

"After meeting (a date), you think of, 'Wow, it's because of his or her great personality, that's why I like them.' Well no," she says. "You already saw his or her face, and you were interested because of his or her face."

Bloom says that the criteria for a good match comes in this descending order: chemistry, style, values and personality. That's why her website puts looks first and foremost.

After uploading a photo, the site's algorithm analyzes

11 points on the face and matches it with others who share those traits. In the next three months, Bloom hopes to improve the algorithm by using 62 points on the face for more specialized matches.

To Bloom, the website is just helping us do what we

already intuitively know how to do. "I've been looking at couples for 20-plus years, and I just think it's innate," she says.

"Basically, we're doing it without even knowing that we're doing it. I do not know how people don't see it."

# Real talk: Man interviewed by 12-year-old self

**CASSANDRA GARRISON**  
Metro World News

Have you ever thought about what it would be like to have a conversation with the adolescent version of yourself?

How would your kid-self react to the way you've

turned out?

Filmmaker Jeremiah McDonald apparently caught the video bug at an early age and recorded himself at age 12 asking questions directed to himself in the future. Twenty years later, McDonald sat down for a candid conversation with ... himself.

The contrast between the adolescent McDonald and the adult McDonald is charming and touching, and serves as a reminder that we were all kids once and, perhaps, still kids at heart.

The video is edited as a hilarious back-and-forth between the two Jeremiahs.

Young Jeremiah asks the older Jeremiah whether his pets are still alive, while adult Jeremiah is reminded by his younger counterpart that he once had a love for drawing. Their banter is heartwarming.

"You're interviewing yourself, look at you!" the young

Jeremiah cries, before he lets out a burp.

"Oh, charming. No wonder I'm single," adult Jeremiah responds.

Adult Jeremiah leaves his younger self with words of wisdom from Dr. Who, which they both love: "Don't blink. Blink, and you're dead."

**Online**



Check out the entire video and get in touch with your own inner kid. Visit [metronews.ca/voices/metrotube-of-the-day](http://metronews.ca/voices/metrotube-of-the-day)



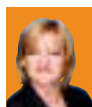


Switching banks is more complicated than it has ever been. ISTOCK IMAGES

# Breaking up is hard to do

## Divorcing your bank.

A no-frills financial institution can save you money, but make sure it's right for you



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Perhaps the only life event that's worse than moving house is moving banks. Back in the olden days, you simply closed a chequing and maybe a savings account, took the money and went somewhere else.

Nowadays, with automatic debits and deposits, e-billing and multiple investment accounts from RRSPs to TFSA's and RESPs, packing up to leave a bank requires a whole lot more effort.

Mortgages or lines of credit can't easily be transferred and most people have three to six accounts and up to 15 automatic transactions that must be closed and reopened or redirected. So, divorcing your bank requires some thought.

I've stayed with banks

### Alison's money rule

**Pick the right bank by knowing your current and future banking needs.**

simply because of a good relationship with a senior manager. However, bank employees often move to different branches, which means you can't count on the service continuing.

Not only that, but more rigid guidelines with respect to credit scores and debt-to-income ratios today give bank staff less latitude to bend the rules, even for their best clients.

Increasingly, the issue for consumers is banking fees, account, overdraft, debit and so on. About ten years ago, I got so fed up with rising fees at my bank that I switched to the low-fee, almost virtual President's Choice Financial with kiosks in Loblaws stores.

I did save tons of dough — actually, more than \$3,000 over a couple of years. However, there is a downside, as I quickly discovered.

If you have a complicated

financial life, as I do, with Canadian and U.S. transactions and a business, you will find the no-frills banks can't provide a full suite of services such as convenient currency exchange. Also, some things like stop payments are hit and miss.

Additionally, if you have investment accounts, it's a little more complicated and you may elect to keep them at a regular bank.

However, virtual banks are offering RRSPs and TFSA's. ING and President's Choice, for example, have some investment options beyond GICs — mostly mutual funds. And at ING you can now open a business account.

You certainly can save money and streamline your life by going to a no-frills banker. Just be sure that what's offered fits your needs.

### Online tools

- **Details.** Check out the Financial Consumer Agency of Canada's bank selector tool: [fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp](http://fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp).

# Are you frugal or a cheapskate?



**FUN AND FRUGAL**  
Leslie Scorgie  
money@metronews.ca

I was at a corporate Stampede function last week in Calgary and a gentleman asked what I write about. "Frugality," I said. To which he responded jokingly, "So, you're a cheapskate."

Frugal living is not the same thing as being cheap. Frugal people maximize the dollars they've worked hard to earn by negotiating prices, finding deals, couponing, buying on sale and determining the best ways to buy products for the lowest possible price.

Sure, sometimes my friends think I'm cheap because I don't drive a fancy car, I love free events, I buy in bulk, and Kijiji is my best friend, but I disagree. I'm a smart spender.

Cheapskates have a bad rap for not buying what they need when they need it because they are afraid to spend their money. When they do



Anyone can live frugally without compromising their lifestyle. ISTOCK IMAGES

spend, they'll buy a cheap product that doesn't last, which then creates unnecessary waste and costs more long-term because it breaks and needs to be replaced.

Are you more frugal than cheap?

- Cheap: Do you purchase the lowest-priced product regardless of quality?
- Frugal: Are you willing to pay more for affordable-quality products?
- Cheap: Do you avoid tipping a service provider at all costs?
- Frugal: Do you tip according to the quality of service?
- Cheap: When the bill comes, do you bolt out of the restaurant and hope your friends overpaid?
- Frugal: Do you divide up the

dinner bill according to who ate what?

- Cheap: Are you into pirating books, movies and music?
- Frugal: Do you like to borrow books, movies and music from friends or the library?
- Cheap: Do you avoid offering to pay for a pal's coffee?
- Frugal: Do you swap back and forth between who pays for coffee?
- Cheap: Do you show up at dinner parties empty-handed?
- Frugal: Do you encourage friends to host potluck dinners so that nobody has to shoulder the entire grocery bill?

If your budget is pinched and you're desperate to save pennies, live frugally rather than cheaply. Buy higher-quality pieces like furniture, appliances,

clothing and household accessories second-hand.

Wait and save up to make purchases. Buy fewer items when grocery shopping, coupon, negotiate prices and use a budget to monitor your progress.

And, if you are in dire need of something essential such as medication, transit passes or baby formula, don't go without. That could be harmful to your health and livelihood. Instead, reprioritize your budget, get financial assistance, apply for subsidies and take advantage of tax credits.

With a little effort, anyone can live frugally, save money and not compromise their lifestyle.

## Budgeting tips. How to manage your money while going to school

Although post-secondary education is expensive, there are several ways to reduce costs and the financial weight of going to school.

These are described in a new online guide, Paying for Post-Secondary Education from the Financial Consumer Agency of Canada (@FCACan), available at [itpaystoknow.gc.ca](http://itpaystoknow.gc.ca).

Even though it's easy to get credit cards on campus, for example, you should use credit cards carefully and avoid using them at all if you cannot pay off the entire balance at the end of each month.

### Other ways to save

Living in your own place while you go to school may be a wonderful experience, but it's much more expensive than living with your parents.

In 2009, the average expenses over a four-year program for a student living alone were \$77,132, compared with \$51,763 for a student living at home — a difference of \$25,369.

If you cannot live with your parents, consider living with roommates. Sharing accommodation is usually much cheaper than living in a student residence or in your own apartment.

To reduce your education costs, you can buy used books



Reduce the financial burden of your education. NEWS CANADA

and sell the ones you no longer need, or trade them for books you will need later. Check with local consignment shops for more information.

Tuition fees often include medical and dental insurance. But you can usually waive the coverage provided by the school if you are already covered by your parents' or employer's insurance plans.

If you choose not to have the coverage, the cost of the insurance that would have been included automatically in your tuition fees will usually be refunded to you. This may amount to several hundred dollars a year, depending on the school's insurance plan.

NEWS CANADA

### Leslie on frugality

**Sure, sometimes my friends think I'm cheap because I buy in bulk and Kijiji is my best friend, but I disagree. I'm a smart spender.**





# OVERCOMING THE ODDS

## TRACY KIBSEY IS A TRIUMPHANT CANCER SURVIVOR

Cancer survivor Tracy Kibsey and friends aim to raise funds to battle breast cancer through Golf Fore the Cure presented by Subaru.

Tracy Kibsey is a triumphant breast cancer survivor, as well as the director of golf at Southside Golf Course, eight minutes from St. Vital Centre. Kibsey was highly involved in the golf industry for many years before taking over the golf operation at Southside Golf Course in 2000. She has played professionally both in the United States and on the CN Canadian Women's Tour.

In June 2004, Kibsey received the same unfortunate news that devastates approximately 25,000 other Canadian women annually. Kibsey was diagnosed with breast cancer. With three tumours in her right breast, Kibsey's cancer had reached Stage 3, at which one's odds of overcoming the disease can decline rapidly. Wasting no time, she sought out all treatment options available. On Aug. 17, 2004, she underwent a progressive mastectomy at St. Boniface General Hospital in Winnipeg.



Afterward, she endured many months of chemotherapy, radiation and various drug therapies. During her treatment, she remained steadfast. After some time had passed, she began working part time at the golf club she loved so much.

In 2005, Kibsey was well enough to return to work on a full-time basis.

Southside Golf Course is well-known in the Winnipeg area and its ladies league is comprised of an impressive 250 participants, many of whom are also cancer survivors.

Cathy Stewart has been an active Southside member and a ladies league participant



Tracy Kibsey

PHOTOS BY LESLIE DENT PHOTOGRAPHY

for many years. In an effort to rejuvenate Southside's annual Ladies Open, Stewart turned to Golf Fore the Cure presented by Subaru as a way to attach meaning to the event.

Golf Fore the Cure presented by Subaru is the largest grassroots recreational golf participation program for women in Canada. Since the program's inception, Golf Fore the Cure events have raised more than \$3.8 million in support of the fight against breast cancer. The program has also exposed more than 76,000 women across Canada to the game of golf. Golf Fore the Cure is unique in that it allows women of

all skill levels to come together in a non-intimidating manner to enjoy a round of golf, while supporting a worthy cause.

This year marks the fourth consecutive Golf Fore the Cure Ladies Open Tournament at Southside Golf Course. Since 2009, participation has grown immensely and the event gets more creative each year.

"Golf Fore the Cure adds a whole new dimension to the golf experience and people come ready to support it," said Eleanor Rudd, Southside's Golf Fore the Cure chairperson. With a waiting list of more than 40 women for this year's tournament, along with corporate sponsorship levels, it has definitely matured.

Special thanks to the following 2012 corporate sponsors: Richardson International; Niverville Credit Union; Frontier Subaru; Rona; World of Water; Bayer CropScience; Silpada; Jeff & Laura Macey; Diamond Athletics; and Southside Golf Course; not to mention all the donations from local businesses for the Big Bang Auction and Pink Ribbon Auction.

A group of men and women provide volunteer assistance at the tournament, along with a determined committee to ensure everyone has a great time during Golf Fore the Cure. The Southside staff are the best at preparing the course and assisting the committee to make the tournament run in a seamless manner.

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\*Model shown is a 2012 Forester 2.5X SMT 1611 AWD with MSRP of \$28,105 including freight & PDI (\$1,500), documentation fees (\$300) and battery, tire and tax (\$30). License, taxes, insurance and registration extra. \*\*2.7% finance rates available on all new 2012 Forester models for a 72-month term. Financing programs available through Toyota Credit Canada Inc. on approved credit. Dealers may sell for less. Dealer rebates may be necessary. †\$2,500 cash incentive is for cash customers only and is available on all new 2012 Forester models. Additional cash incentive offers are available on select new Subaru models. ††Offer valid until July 4, 2012. See your local Subaru dealer or [www.frontiersubaru.com](http://www.frontiersubaru.com) for complete details.

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## 4

## SPORTS

## NHL

**Coyote  
Maclean  
improving**

The Phoenix Coyotes say forward Brett MacLean is improving after going to hospital for a cardiac emergency last week. MacLean will continue undergoing tests with the cardiology team at University Hospital in London, Coyotes GM Don Maloney said in a statement. MacLean, a 23-year-old, was taken to hospital after suffering a medical emergency while playing hockey in Owen Sound, Ont.

## Horse racing

**I'll Have  
Another sold  
to Japan**

The owner of I'll Have Another says he sold his Kentucky Derby and Preakness winner to a farm in Japan for \$10 million US, a price that far exceeded any amount he was offered in the United States. J. Paul Reddam, who hails from Windsor, made his comments on the bloodhorse.com website. I'll Have Another was retired with a tendon injury before he was to run in the Belmont Stakes and attempt to become the first Triple Crown champion in 34 years.

## Mobile sports



It's the all-star break and much of baseball has been turned upside down since the final out of the crazy World Series last October. For example, Pittsburgh and Washington are together in first place for the first time. Scan the code to read what else has changed.

**Cycling. Armstrong's  
lawsuit against USADA  
dismissed for now**

A federal judge handed Lance Armstrong a quick setback Monday as he went to court to save his seven Tour de France titles and his reputation as one of the greatest cyclists ever.

Armstrong filed a lawsuit aimed at preventing the U.S. Anti-Doping Agency from moving ahead with charges that he used performance-enhancing drugs throughout much of his long career.

Within hours, U.S. District Court Judge Sam Sparks in Austin dismissed the 80-page complaint. He said it seemed more intended to whip up public opinion in Armstrong's favour than focus on legal arguments.

Sparks, however, did not rule on the merits of Armstrong's claims and will let him refile the lawsuit. Armstrong attorney Tim Herman said he will do that, possibly on Tuesday.

The lawsuit claimed USADA rules violate athletes' constitutional right to a fair trial, and that the agency doesn't have jurisdiction in Armstrong's case. It also accused USADA's

**Aggressive move**

The lawsuit was an aggressive, and expected, move as Armstrong seeks to preserve his racing legacy and his place as an advocate for cancer survivors and research. He wants Sparks to bar USADA from pursuing its case or issuing any sanctions against him.

chief executive, Travis Tygart, of waging a personal vendetta against the cancer survivor who won the Tour de France every year from 1999 to 2005.

The judge was not impressed with a filing that dedicated dozens of pages to Armstrong's career history and disputes with anti-doping officials.

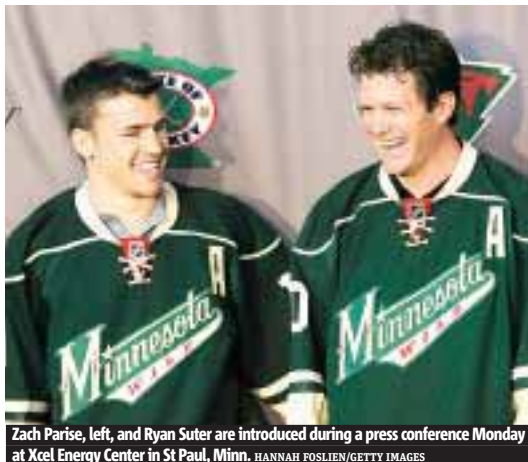
Herman said he got the message.

"When (Sparks) speaks, I listen," he said. "It doesn't change the legal issues involved or any of the relief that we seek."

THE ASSOCIATED PRESS

**Putting on a show at the home run derby**

American League all-star Prince Fielder of the Detroit Tigers swings during the State Farm Home Run Derby Monday at Kauffman Stadium in Kansas City, Mo. Fielder became only the second player to win multiple titles in the home run derby, beating Toronto Blue Jay Jose Bautista, 12-7, in the final. JAMIE SQUIRE/GETTY IMAGES

**Parise and Suter are  
Wild for Minnesota**

Zach Parise, left, and Ryan Suter are introduced during a press conference Monday at Xcel Energy Center in St Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

**NHL.** Team hopes signings are the tip of the iceberg in attracting talent to mid-market team

Minnesota has never been "flyover country" to Zach Parise.

The star forward grew up there, honed his hockey skills there and built a house there to make sure his roots remain in Minnesota for the long term. Yet even in hockey-mad Minnesota, where the passion for the sport may only be rivaled by the country on its northern border,

**Quoted**

**"I think Minnesota IS a big-time market. I think it's going to get even bigger."**

Ryan Suter, Wild defenceman

the Twin Cities has always been considered a medium-sized market that doesn't have enough sizzle to lure the biggest names in the game.

When Parise and fellow blue-chip free agent Ryan Suter decided to sign matching 13-year, \$98 million contracts with the Wild, part of their aim was to turn Minnesota into a destination for

the best pros in the league.

"I think at the end of the day, hopefully, with Ryan and I coming here, good players want to play with good players," Parise said Monday when he was introduced along with Suter at a press conference. "Hopefully that helps influence some people if they need some and we have a lot of friends around the league so hopefully that will help, too."

In the days since the big signings, fans have burned up the phone lines, gobbling up nearly 2,000 season tickets and buying every piece of memorabilia with "Parise" or "Suter" on it that they can get their hands on.

THE ASSOCIATED PRESS

**Soccer****John Terry racism  
trial begins**

The racism trial of John Terry began Monday with prosecutors claiming the Chelsea captain acknowledges using offensive language as a "sarcastic exclamation."

Terry came face to face in court with Queens Park

Rangers defender Anton Ferdinand, whom he is accused of racially abusing during a Premier League match in October. Terry, 31, faces a maximum fine of \$3,900 if convicted of racial abuse during a game.

Ferdinand, who is black, gave evidence that he had not initially heard Terry use racist language during the game at Loftus Road.

THE ASSOCIATED PRESS

**Cycling****Wiggins wins  
Tour time trial**

Bradley Wiggins showed he's the man to beat at the Tour de France, winning the first big time trial Monday and cementing his hold on the yellow jersey he wants to take home in two weeks.

THE ASSOCIATED PRESS

**Baseball****Goldeyes win  
third game in a row**

The Winnipeg Goldeyes won their third in a row over the Sioux Falls Pheasants, with a decisive 6-1 victory in front of 4,685 at Shaw Park on Monday night.

The Fish, wearing bright purple jerseys as part of pancreatic cancer awareness

night, took a 1-0 lead in the second inning when a RBI double by Kyle Day brought home Josh Mazzola.

Sioux Falls tied the game in the fourth before starting pitcher Ace Walker shut the door. Walker threw a total of seven strikeouts in the game before being replaced in the seventh inning. The Goldeyes scored one more run in the eighth, making it 6-1.

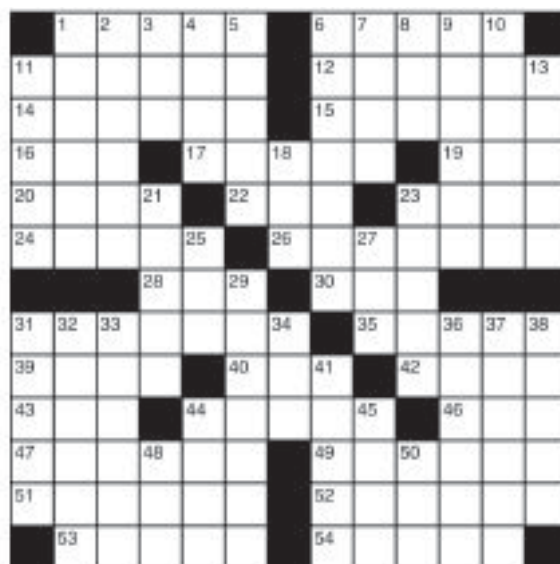
DAVE BAXTER/FOR METRO

## Across

- 1 Purplish shade
- 6 Very excited
- 11 Lady of Spain
- 12 O. Henry-esque
- 14 Border
- 15 Sculpture medium
- 16 Altar affirmative
- 17 Windborne deposit
- 19 Listening device
- 20 Blue hue
- 22 First lady
- 23 Initial stake
- 24 Show philanthropy
- 26 Warned
- 28 Lettuce variety
- 30 Retainer
- 31 Less logical
- 35 Boutonniere site
- 39 Drudgery
- 40 Light beam
- 42 South American capital
- 43 Summer on the Seine
- 44 Push away
- 46 After taxes
- 47 Swallow's cousin
- 49 Shopper's venue
- 51 Walked proudly
- 52 Napoleon's realm, e.g.
- 53 Enthusiastic
- 54 Phone book data

## Down

- 1 Sluggish
- 2 Progress
- 3 Journal
- 4 Seed coating
- 5 Hiawatha's carrier
- 6 That guy, to that guy
- 7 History chapters
- 8 Craggy peak
- 9 Straight
- 10 Jesus' condemner
- 11 Hit
- 13 Wrapped in a waxy cloth
- 18 Zsa Zsa's sister
- 21 Resident
- 23 "... with — live girl"
- 25 Triumphed
- 27 Wet wriggler
- 29 More tranquil
- 31 Particulars
- 32 Write symbolically
- 33 Mountain range
- 34 Eminem's genre
- 36 Ring site
- 37 Eastern potentates
- 38 Starbucks order
- 41 Red Sea country
- 44 Amusement-park attraction
- 45 Odgen Nash's priest
- 48 Dress (up)
- 50 Tachometer reading (Abbr.)



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku



## Yesterday's Crossword



## Cryptoquip

## How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

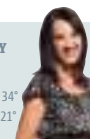
F B Y ' L V E B T S V L K T R E D P Z  
D K A H P U B L K Z V P A K P T H B B S  
K A ? K ' U V P W L V P S F Z B W S  
F B Y Z D P K P T S Z D P K P R P K T !  
Yesterday's Cryptoquip: WHEN A SUPER-ROBOT IS CREATED THAT PLOWS LAND, WILL IT BE AN AUTOMATED TILLER MACHINE?  
Today's Cryptoquip Clue: U equals V



For today's crossword answers and for expanded horoscopes, go to metronews.ca

## Weather

TODAY	WEDNESDAY	THURSDAY
 MAX: 33° MIN: 16°	 MAX: 32° MIN: 22°	 MAX: 34° MIN: 21°



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"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

## Horoscope

### ♈ Aries | March 21 - April 20.

Forget the past. It is over and done with. You can, however, resolve to make today (and tomorrow) better than yesterday and the day before.

### ♉ Taurus | April 21 - May 21.

You have been a bit too out of touch with reality lately — which is not like you at all. Maybe it's time to remember that, as a Taurus, you should be more practical than most.

### ♊ Gemini | May 22 - June 20.

If you feel you are heading down a path that is not right for you, there is still time to stop and go back the way you came or even take a different path entirely. You are in control.

### ♋ Cancer | June 21 - July 22.

The Sun in your sign means this is an excellent time for you on so many levels. But it's also a tiring one, so be kind to yourself today.

### ♌ Leo | July 23 - Aug. 22.

The Sun's entry into your birth sign this month, will make you feel alive. Before then, you need to fix some things, not least a relationship.

### ♍ Virgo | Aug. 23 - Sept. 22.

You can't always do what you would like to do, but that doesn't matter. What counts is that you do what you have to do to the best of your ability.

### ♎ Libra | Sept. 23 - Oct. 22.

Yes, of course, other people can be annoying, and deceitful, but you don't have to react in the same way. Rise above petty squabbles today, and every day.

### ♏ Scorpio | Oct. 23 - Nov. 21.

You may be serious by nature but there is something you would be the first to admit you have been taking too lightly. You know what it is and what needs to be changed.

### ♐ Sagittarius | Nov. 22 - Dec. 21.

Be tolerant of those who see things from a different angle. They are as entitled to their opinions as you are to yours. Diversity is good.

### ♑ Capricorn | Dec. 22 - Jan. 20.

You will have to work hard to stay friends with someone who has been giving you a hard time. Is it worth it?

### ♒ Aquarius | Jan. 21 - Feb. 18.

There will be a change of emphasis in your outlook over the next 24 hours. While before you were interested only in your work and career, now you will be interested in relationships too.

### ♓ Pisces | Feb. 19 - March 20.

Start thinking along more practical lines. Dare to dream but make sure that your dreams are doable. What can you change today from an idea into reality? **SALLY BROMPTON**



## Caption Contest

"Three heads are better than one."  
Monica

RAJANISH KAKADE / THE ASSOCIATED PRESS

## Win!



## You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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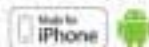




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